

# Keto Prescribed

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**Purpose:** The purpose of this project, Keto Prescribed, was to implement research evidence of a ketogenic diet into clinical practice through a nurse practitioner (NP)-led interdisciplinary health coaching team approach and evaluate outcomes on CVD risk factors and health related quality of life in overweight, adult African American women. The primary objective of this project was to measure the improvement in Keto Prescribed participants physical CVD risk factors. Our second objective is to measure the improvement in health-related quality of life, both mental and physical health of Keto Prescribed participants. Our last objective is to measure the feasibility and acceptability of the Keto Prescribed Program for AA women.

**Sample:** The target population for outcome evaluation was adult African American Women (ages 18 and older) with overweight/obesity (BMI >25).

**Setting:** Local community setting

**Methodology:** Mixed Methods and Evidence-Based Project

Physical outcomes and health-related quality of life measures were at baseline, four weeks, and, eight weeks (2 months) at the outpatient community setting and delivered in electronic format by REDCap survey. At the end of the study (8 weeks) additional REDCap survey feasibility and acceptability questions were presented in addition to open comment on the program experience.

**Results:** The System Usability Score had an average of 69 (sd = 14). Physical outcomes changed over the 60 days with an average decrease in weight of 10lbs (sd = 5, baseline average 226), hip size 1.9 inches(sd = 2.11, baseline average 47.85), waist size 3.38 (sd = 2.86, baseline average 46) systolic blood pressure 6 (sd = 16, baseline average 137) and increase for diastolic blood pressure of 1 (sd = 17, ba)

**Conclusions:** The Keto Prescribed+ intervention program was shown to be feasible and acceptable for African American women with overweight/obesity in a community setting. Although participant outcomes varied clinically meaningful results were seen. Participant recommended adaptations to the Keto Prescribed program may increase acceptability and improve heart health outcomes. Longer implementation needed.

**Implications:** Keto Prescribed, manualized web-based EBP program may be a cost effective way to improve heart health outcomes in a vulnerable population of African American women with overweight/obesity in a community setting.

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